

BVLGARI

HOTEL MILANO



WORKSHOP A DESTINATION FOR MOVEMENT AND WELLNESS

Creating healthy bodies and healthy minds from the quiet luxury of Milano's Bulgari Hotel, a real workshop is in progress, led by founder Lee Mullins and his team of highly experienced and qualified performance specialists. The team, voted best for "First-Class Futuristic Fitness" in the Tatler Spa Guide, have a unique approach aimed at maximizing the tone, health and happiness. Each trainer specializes in a variety of one-to-one training methods designed to refine the way the body looks and feels. The specialist induction process involves the Workshop Framework Assessment, a unique series of body evaluations to help create the perfect workout programme, in order to reach ones best potential.

Lee Mullins

Lee Mullins, Workshop Founder

W O R K S H O P[®]



MEMBERSHIP DETAILS

Access to the spa and fitness equipment from 7:00 a.m. to 9:00 p.m.

Additional hours available upon request

WORKSHOP GYMNASIUM

- Welcome kit by Workshop Gymnasium and Augustinus Bader
- Personalized fitness assessment - a unique series of body evaluations to create a bespoke programme
- 5 Customized training sessions
- Locker storage
- Sportswear laundry
- 6 annual guest passes
- Access to all Workshop Gymnasium's worldwide: London, Rome, Paris, Tokyo, Shanghai, Beijing, Dubai and Bali upon reservation

HOTEL PRIVILEGES

- One night stay upon availability at the Bulgari Hotel Roma, including breakfast
- Valet parking included at Bulgari Hotel Milano

BULGARI SPA & SALON

- Two Spa treatments to be chosen at leisure - 50mins.
- For him a Haircut or for her a shampoo and blow-dry at the Bulgari Salon curated by Roberto D'Antonio

Annual subscription fee:

€5.000 Individual



WORKOUT SERVICES

FUNCTIONAL MOVEMENT SCREEN (FMS) € 125 / 1Hr.

Documenting the body's movement patterns to highlight asymmetries and imbalances, this test is used by professional athletes to determine optimum movement. Seven movements are assessed to help identify any limitations in strength, stability, and mobility, helping create a detailed individual workout plan that decreases the risk of injury when you train and helps rebalance the body and ensure optimum performance.

PERSONAL TRAINING - € 150 / 1Hr.

Our personal trainers are experts at motivating their clients to achieve visible, lasting results. We specialize in designing customized workouts that achieve your desired goals, whatever they are – from losing weight, toning, and recovering from an injury right up to creating lean muscle or training for a marathon. To facilitate progression, our trainers also create bespoke nutrition and supplement plans to optimize your training and recovery.

REFORMER OR MAT PILATES - € 150 / 1Hr.

Combining strength, stretching and relaxation exercises, Pilates minimizes pressure on the joints and corrects poor posture, creating an athletic physique without adding bulk. We offer both classical Pilates and the more modern Dynamic Pilates, using the state-of-the-art Reformer equipment, springs and ropes for all-over body-conditioning and flexibility. Dynamic Mat Pilates is available in the comfort of your room.

YOGA & MINDFULNESS - € 150 / 1Hr.

Yoga's benefits have been documented for centuries and range from improved flexibility and strength to better concentration and enhanced breathing capacity. Suitable for just about anyone of any ability, it can be practiced with no special equipment or venue, and there is no end to mastering the techniques. Each of our experienced practitioners has their own specialty, from Ashtanga Vinyasa to Jivamukti, and will adapt techniques to your individual needs. One-to-one private sessions take place in our private yoga suite or in the comfort of your own room.